**Mount Olive Final Qualifier**

**May 12th, 2019**

**Contact Information:**

**Meet Director**   **Director of XCTF**

Justin Potter Matthew van Lierop

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919-658-7862

**Entry Fee**: $30 per athlete paid on DirectAthletics.com

**Entry Notes:**  Entry deadline will be Saturday, May 11th at 6pm. Unlimited Entries. Use notes if needed on Direct Athletics and follow up with an email. Notes will be used at the discretion of the Meet Director.

**Check-in:**  All track athletes should check in at the check in tent on the infield closest to the horizontal jump D zone at least 30 minutes before their event. All field events should check in 30 minutes prior to the start of the first flight.

**Rules:**  All NCAA rules will be followed at this meet.

**Facility:** All new in 2017 Rekortan surface, javelin runway is also Rekortan. The hammer, discus, and shot all have their own throwing ring. Men’s runway boards are 10ft, 38ft and 42ft. Women’s runway boards are 8ft, 32ft and 36ft. Inside Steeple.

**Athletic Trainers:**  We will have a tent on the infield with trainers and ice, please bring your own tape as we will not be using our own tape on other team’s athletes. Special requests should be made through the Head AT Kaitlin Griego, [kgriego@umo.edu](mailto:kgriego@umo.edu)

**Spikes:** Maximum spike length will be ¼ inch pyramids.  Judges and clerks will be checking shoes at check-in for each event.  Athletes will be disqualified for illegal spikes.

**Starting Heights:**  Will be determined based on entries and forwarded in the final meet info.

**Implements:**  All implements must be weighed in before competition begins at the press box beside the javelin runway on the lower floor. Open times are 10:00am to 2:00pm Sunday, and as needed there after. Implements not making weight will be impounded until the conclusion of the throwing events that day.

**Scoring:**  Non-scoring. Run fast, jump high/far and throw farther!

**Parking:**  Parking will be available for buses and team vans at the rear of Kornegay Arena parking lot. Team vans may use the lots close to the facility, see attached map.

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**Sunday, May 12th 2019**

***TENTATIVE SCHEDULE***

**SUNDAY FIELD (Top 9 to Finals)**

**TIME EVENT SECTION**

11:00am High Jump – WOMEN \* Men to Follow FINALS

11:00am Javelin Throw – MEN \* Women to follow FINALS

12:00pm Discus Throw – MEN \*Women to follow FINALS

12:15pm Long Jump – WOMEN \* Men to follow FINALS

1:30pm Pole Vault – WOMEN FINALS

1:30pm Shot Put – MEN \*Women to follow FINALS

3:00pm Hammer Throw –MEN \* Women to follow FINALS

3:30pm Triple Jump – WOMEN \*Men to follow FINALS

4:00pm Pole Vault – MEN FINALS

**SUNDAY TRACK**

**TIME EVENT SECTION**

8:30am 10000 Meter Run (MEN) FINALS

9:20am 10000 Meter Run (WOMEN) FINALS

***2:20pm NATIONAL ANTHEM***

2:30pm 4x100 Meter Relay (MEN) FINALS

2:40pm 4x100 Meter Relay (WOMEN) FINALS

3:00pm 110 Meter Hurdles (MEN) *PRELIMS*

3:10pm 100 Meter Hurdles (WOMEN) *PRELIMS*

3:20pm 100 Meter Dash (MEN) *PRELIMS*

3:25pm 100 Meter Dash (WOMEN) *PRELIMS*

**BREAK**

4:00pm 100 Meter Hurdles (WOMEN) FINALS

4:05pm 110 Meter Hurdles (MEN) FINALS

4:10pm 100 Meter Dash (MEN) FINALS

4:15pm 100 Meter Dash (WOMEN) FINALS

4:25pm 400 Meter Dash (MEN) FINALS

4:35pm 400 Meter Dash (WOMEN) FINALS

4:50pm 400 Meter Hurdles (MEN) FINALS

4:55pm 400 Meter Hurdles (WOMEN) FINALS

5:05pm 800 Meter Run (MEN) FINALS

5:15pm 800 Meter Run (WOMEN) FINALS

5:25pm 200 Meter Dash (MEN) FINALS

5:35pm 200 Meter Dash (WOMEN) FINALS

5:55pm 1500 Meter Run (MEN) FINALS

6:05pm 1500 Meter Run (WOMEN) FINALS

6:20pm 3000m Steeple Chase (MEN) FINALS

6:35pm 3000m Steeple Chase (WOMEN) FINALS

6:50pm 4x400 Meter Relay (MEN) FINALS

7:00pm 4x400 Meter Relay (WOMEN) FINALS

7:10pm 5000 Meter Run (MEN) FINALS

7:35pm 5000 Meter Run (WOMEN) FINALS

